

## Purple: Blueberries

This beautiful sapphire-colored berry is one of only three fruits native to North America. Cranberries, Concord grapes, and blueberries are all rich in vitamin C and powerful antioxidants that help protect your cells. Blueberries aren't only popular among humans . . . In the summer, Grizzly bears commonly consume over 200,000 blueberries, huckleberries, and other berries *in a single day!!!*

### Oatmeal Blueberry Muffins

- 1 1/4 cups quick cooking oats
  - 1 cup all-purpose flour
  - 1/3 cup white sugar
  - 1 Tbsp baking powder
  - 1/2 tsp salt
  - 1 cup milk
  - 1 egg
  - 1/4 cup vegetable oil
  - 1 cup blueberries, rinsed and drained
1. Combine oats, flour, sugar, baking powder, and salt. Mix in milk, egg, and oil; mix just until dry ingredients are moistened. Fold in blueberries. Fill greased muffin cups 2/3 full with batter.
  2. Bake at 425°F for 20 to 25 minutes.

1 muffin provides 1/2 serving of fruit